ENTERING CHEYENNE – ARAPAHO NATION

Cheyenne & Arapaho TRIBAL TRIBUNE

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Community meetings for tribal members

By Rebecka Lyman, Reporter/Ad Sales

Photo by Rebecka Lyman

Cheyenne and Arapaho tribes' Gov. Janice Boswell speaks during a community meeting in Concho, Okla.

Cheyenne and Arapaho tribes' Gov. Janice Boswell hosted a variety of community meetings for tribal members through out the month of January and into February.

The Concho community meeting was held at 7 p.m. on Feb. 7, 2011 in Concho, Okla. Tribal members were given a forum to hear updates of tribal programs and projects as well as ask questions and voice concerns.

"We are working on moving our tribe forward," Boswell said.

Boswell spoke about the land for a new casino in Hammon, Okla., 15 Mustang horses being donated to the tribes' farm and ranch program, a gift shop, gas station and a Subway sandwich shop inside the store to be built in Concho, Okla.

"We want our tribal members to sell their beadwork and art in the gift shop," Boswell said.

A dinner was provided at each meeting catered by Snyder's Catering from Kingfisher, Okla.

Community meetings were also held in Hammon, Elk City, Seiling, Canton, Weatherford, Watonga, Oklahoma City and Clinton, Okla. Meetings for Kingfisher and Geary are scheduled for February.

Future home of tribes' wind project

Submitted article

The Cheyenne and Arapaho tribes and West Wind Energy has partnered in installing wind turbines to directly power tribal facilities.

The project goal is to offset as much fossil fuel power as possible and replace it with wind generated renewable power for tribal use.

The project will bring both jobs and training to Cheyenne and Arapaho tribal members, which will further stimulate the tribal economy while decreasing tribal costs of fossil fuels.

The wind project will consist of multiple phases starting with phase one which will include a 100KW turbine located at the tribal smoke shop in Concho, Okla. A second 100KW turbine will

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Cheyenne and Arapaho Tribal Tribune
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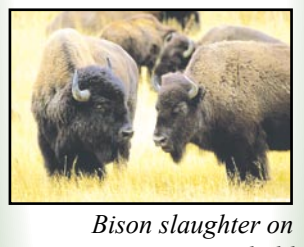

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"2010 Native American Journalist Assocation Award Winner"

A forty-year love affair

By Rosemary Stephens, Editor-in-Chief

Wayne and Francine Worthington

They know the commitment and perseverance it takes for two people to "live happily ever after" when the wedding vows have been said and the wedding guests have gone home.

Wayne and Francine Worthington were wed on Oct. 18, 1970 in El Reno, Okla. in a quiet ceremony.

"We didn't have a fancy or big wedding, only my grandparents and parents were there. Back in the day certain families did not like to see mixed marriages," Francine said. "I didn't have much money so I borrowed a long green gown with little flowers on it from my cousin."

Francine was raised in Concho, Okla. and is currently an employee with the Cheyenne and Arapaho tribes.

She lived with her parents, brothers and sister and said during that time all the Concho families kept their homes and lawns in immaculate condition and all the dormitories and educational buildings were in great condition.

Wayne was raised in Banner and El Reno, Okla.

They both attended El Reno High School, but were not friends nor did they hang out with the same people.

Wayne said he knew who Francine was in high school because her older brother, Frankie was in his class, but that was the only reason he knew of her. He said they never spoke.

"I, by choice, did not involve my life with white boys and I used to say I will never date a white boy," Francine said. "Watch what you say, you may have to eat the words."

As time went by Wayne joined the U.S. Army and was sent to serve in the Viet Nam war.

> *"We realized that a couple must love each other, respect each other and trust each other and setting our priorities in our lives for our family."*

"When Wayne returned from the Viet Nam war I suddenly noticed this tall blonde individual who reminded me of my favorite actor, Troy Donahue, and I was quite taken with him," Francine said. "I just don't know what it was about him, he was a good person and so tall, drove fancy cars and he liked motorcycles."

Wayne said they started to run into each other because they went to the same places to hang out.

"We just started going out and before I knew it I was down on one knee asking her to marry me," Wayne said. "I got a call from Zales one day from Francine who told me to meet her there and that's where she picked out her rings. The same rings she still has today."

Francine said they used to race cars on Concho Lane or on the highway between Okarche and Kingfisher at 100 mph.

"We still race our cars to this day, even though we don't have hot rods. I race my truck against his big van or on his motorcycle ... we will always be young at heart," Francine said.

The Worthingtons bought their first home in El Reno for $19,000.

"We bought the house, remodeled it on our own and sold it for $30,000. This was our first clue that we cannot work together," Francine remembers. "There was a right way, a wrong way and then Wayne's way. Quite frankly we are lucky we didn't use the hammers on each other during that remodel."

One thing Francine said that helped their marriage early on was their work schedules ... they rarely saw each other.

"Wayne was always in a constant travel mode, gone for three to four days a week working for the railroad. One crazy thing we liked to do was I would drive to his locations and we would be 'boyfriend and girlfriend' to keep our marriage on a romantic path," Francine said.

Like all families the Worthingtons had good times, bad times and hard times.

"Wayne was off work for nearly a year when the railroad workers were on strike. We made it through that crisis and others, we even participated in the labor strikes," Francine said.

She said life went on and she gave birth to two boys.

"I thought my boys were going to be the death of me, however, when they left to go to college I really thought I would die from the 'empty nest' syndrome," Francine said.

*See **Love affair**, page 8*

Indian art market combines art with traditions

By Rebecka Lyman, Reporter/Ad Sales

Photos by Rebecka Lyman

Cecil Gray performs the Mens' Fancy dance at the Indian Art Market.

The beat of drums and traditional songs could be heard outside the community building while inside tribal members gather together despite the blizzard that moved through Oklahoma three days before, leaving four to five foot snow drifts.

The first Indian Art Market was held Feb. 4, 2011 at the community building in Concho, Okla.

Three Cheyenne and Arapaho tribes' programs, the Culture and Heritage Program, the Planning and Development Program and the Historical Preservation Program, have teamed up to help promote and encourage artists along with teaching customs and traditions of the tribes.

"We had 26 vendors and artists signed up to attend, but only local artists were able to attend because of the weather," Lynette Gray, Planning and Development said.

Artists from as far away as Missouri, Texas and Kansas had made plans to attend before the blizzard.

Gray helped to coordinate, plan and organize the art market.

"We plan on hosting the Indian Art Market monthly on the first Friday of every month," Gray said. "The market is a day of learning our culture, traditions and a time for Indian artists to display and sell their hand crafted artwork."

One artist, Ernest BigMedicine, sat at a table covered with a sky blue cloth displaying an assortment of brightly colored hand made silver and beaded jewelry.

"My mom does all the silver, me and my sister do all the bead work," BigMedicine said.

Gray said there would be quilting making, story telling, tipi making, quillwork, gourd making, flute making, cradleboard making along with a few other culture learning activities at future art markets.

"We are going to go out to the schools and get the students involved," Gray said. "The goal is to bring back our family traditions."

Michael Woods, Historical Preservation administrative assistant introduced dancers in their regalia.

"We are going to have a regalia presentation and have each dancer come up and tell a little bit about their selves and there regalia," Woods said.

Demonstrations of the Womens' Cloth dance was given by Carrie Whitlow, the Womens' Buckskin dance was Tona Yarholar, the Womens' Jingle dance was Rae Anne Simons and her daughter Desiree Simons and the Womens' Fancy Shawl dance was Hauli Warrior. In the mens' dance demonstrations Randy Frazier demonstrated the Mens' Straight dance, Nashoba Simmons demonstrated the Mens' Traditional dance and Cecil Gray demonstrated the Mens' Fancy dance.

"All Native American artists are welcome to demonstrate their craft, sell their artwork and share family traditions," Gray said.

For more information about the Indian Art Market contact Gray at (405) 422-7620 or Greg Spottedbird at (405) 422-2752.

Native american artist display their hand crafted jewelry at the first Indian Art Market in Concho, Okla.

CATC Corner

Submitted by Cheyenne and Arapaho Tribal College President Dr. Henrietta Mann

The Hinonoei originated far to the northeast of their current homelands, however, they were on a pilgrimage, which eventually brought them to the Black Hills. It was there that they forged an alliance with the Cheyennes who had followed them into the area. That alliance continues to exist today among the southern branches known as the Cheyenne and Arapaho tribes, who live in their territory in western Oklahoma.

Treaty making dominated the approach in the Euro-American settlement of this country and some 371 treaties, with the various American Indian nations, were ratified by the United States Senate. In 1851 Arapaho Principal Chief Little Raven signed the Fort Laramie Treaty, also known as the Horse Creek Treaty. In that treaty the Arapahos and Cheyennes reserved huge tracts of land that straddled several states and included the location of current metropolitan Denver, Colorado. In fact, history notes that the Arapahos traditionally camped on the banks of Cherry Creek in downtown Denver, which is now the site of the exclusive Cherry Creek shopping mall.

Chief Little Raven, called Hosa, "Young Crow" by the Arapahos, is remembered as one of their legendary leaders. His fame is by no means confined to his nation, and he is listed as one of Native America's renowned leaders. Little Raven was a consistent advocate for peace, was skilled in diplomatic relations, possessed great oratorical skills, and was a realist as it pertained to co-existing with the Niatha [white man].

Chief Little Raven also signed the 1861 Fort Wise Treaty and the 1867 Treaty of Medicine Lodge. The Medicine Lodge Treaty was historic in that it called for the compulsory education of all Arapaho and Cheyenne children between the ages of six and sixteen. As the Arapahos and Cheyennes settled in their new homelands for which they had paid dearly with land and lives, they acknowledged the commitment they had made to the Niatha/Ve-hoi education. In a prayer offered to the "Man Above" at a Sun Dance, Little Raven sought spiritual guidance for the younger generations to learn to live on the "corn road" rather than face total destruction on the "buffalo road." In 1871 Arapaho children began attending the manual labor school operated by the Quakers on the reservation. It was not until after 1875 when the Cheyenne Dog Soldiers reported to the reservation that the Cheyennes as a tribe finally consented to enroll their children in school.

When off-reservation schools were instituted by the Office of Indian Affairs, Little Raven sent a daughter to the famous Carlisle Indian Industrial Training School in Pennsylvania. There she was given the Anglo name of Anna Raven. Following her return home in 1882, her father Little Raven, who had requested a white house to live in just as the president of the United States did, was given the large white hospital building at Fort Cantonment over which Anna was to become the "Queen of a stately mansion." Chief Little Raven lived there until his death in 1889, and has a left an enduring legacy of education.

That respect for the value of an education continues to thrive among the Hinonoei, who live in that same vicinity. Tribal legislator Jane Nightwalker invited the CATC president and administrative and admissions officer to a community meeting at Canton to discuss Arapaho language offerings. Whereas there is community interest in taking Arapaho language at the tribal college, the biggest concern is with Arapaho language being taught in the Canton public schools. Concerned parties want Arapaho children to get a solid bi-cultural education, which is a shared goal of the tribal college. It also is committed to the establishment of CATC as the language and culture capital of the Cheyenne and Arapaho Tribes, to be a resource to the people.

This is what Arapaho Principal Chief Hosa, Little Raven must have envisioned long ago as he placed his mark on the Treaty at Medicine Lodge. Visionary that he was, he saw that ensuing generations of Arapahos would have to adapt their life ways and learn to live on the culturally different "corn road" of the Niatha, while holding tightly to that which make them uniquely Hinonoei, especially their language. Language is the lifeblood of culture, and its importance is critical to maintaining a vibrant Arapaho culture. The Canton community realizes this and is doing something about it. Good for them!

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Wind project

continued from page 1

be located at the tribal administration complex.

The smoke shop turbine will be located 302 feet east of the current meter and transformer on the northeast corner of the building. Cimarron Electric Coop is the current utility provider and owns both the meter and the transformer providing three-phase power.

The field to the east of the smoke shop is owned and maintained by the tribe, so this turbine will be installed with the ability to expand the project south as the tribes' electrical needs increase. The turbine will also sit over 400 feet from the road allowing for commercial development of the land should the tribes choose to do so at a future date.

The administration complex turbine will be located 100 feet southwest along to the road and then run another 270 feet south to the field just southwest of the complex. This location allows for zoning and is clear of any future plans the tribes has to expand the administration complex of buildings to the east.

The entire field to the northwest of the administration complex is owned and maintained by the tribes, so this turbine will be installed with the ability to expand the project both north and south as tribes electrical needs increase.

The project is scheduled to begin in the Spring of 2011. For more information call (855) 520-7777.

Clinton Indian Health center receives excellence award

Submitted article

Submitted photo

Clinton Indian Health Center earned the highest level of achievement, the "Certificate of Excellence" for 2010 from the Certified Healthy Business Program. The awards ceremony was held Jan. 20, 2011 at the Quail Springs Country Club in Oklahoma City.

They were recognized for outstanding achievement for going above and beyond the call of duty to exemplify a healthy environment and to improve the health of their employees as well as their community.

The Oklahoma Certified Healthy Business Program is sponsored by the Oklahoma Academy for State Goals, the Oklahoma Turning Point Council, the State Chamber and the Oklahoma State Department of Health.

Certification requirements include maintaining a tobacco-free workplace, providing employee health screenings, workplace health education, opportunities for physical exercise activities, and support by management for healthy workplace environments as well as sharing wellness activities within their communities. These efforts are designed to improve Oklahoma's health status, according to the Oklahoma Turning Point Initiative of the Oklahoma State Department of Health.

CDR Jamie Shaddon, PharmD, a pharmacist with the Clinton Indian Health Center in Cinton, Okla. accepted the award presented by Terry L. Cline, Ph.D., Commissioner of Health and Ron Cupp, Co-Chair, Certified Healthy Business.

Native Business: Win Win

By Jim Stanley

A win-win relationship is where two or more parties do business together and work in a way that produces mutually beneficial gain. Often, a successful partnership between two companies occurs when each takes the time to understand the other.

Take for example Food Services of America's (FSA) "Solutions" program for their foodservice customers. FSA is a broad line foodservice distributor that has experience working in Indian Country and has designed a program that they offer in good will to their clients in acknowledgement for their loyalty. FSA believes that their client's success is their success and is deeply committed to a partnership where their clients can go for their everyday foodservice needs and improve their business from good to great.

In the grand scheme of a competitive marketplace FSA helps their clients (tribal food service operations) become more profitable, operate with less waste, and unlock workforce potential. As time passes and both companies work together they grow in strength. This strength allows the tribal restaurant to attract more customers and drive operating costs down; FSA retains a client that is highly likely to remain loyal to purchase their goods and services and stay in business as the economy moves up and down. Comparatively, if FSA and a tribal restaurant were to operate without building a relationship based on mutual gain then it is reasonable to conclude that both parties would not have success as fast or be able to compete against market forces as well.

If you would like to know more, I make available to you Mike Abercrombie, Director of Client Relations, mike_abercrombie@fsafood.com. I wish you well my friends.

Jim Stanley is a tribal member of the Quinault Nation, Vice president of the Quinault Nation Enterprise Board, and board member of the Northwest Native American Chamber. He freely shares his knowledge and resources with you, his cousin, for your economic benefit. Jim can be reached at sovereigndevelopment@hotmail.com.

Students of Native American languages invited to register for language fair

Students of Native American languages from preschool to high school age are encouraged to enter the ninth annual Oklahoma Native American Youth Language Fair scheduled for Monday and Tuesday, April 4 and 5, 2011 at the Sam Noble Museum in Norman, Okla.

Students may demonstrate their language skills as groups or as individuals in the spoken language and language in song categories. Other competition categories include poster art and book categories open to grades three through 12, language with PowerPoint presentation and film/video categories, both open to sixth through 12th graders, language advocacy essay category open to students in grades nine through 12th and language masters performance category for ninth through 12th graders, designed to showcase the language skills of students who have grown up speaking a Native American language.

THE DEADLINE FOR REGISTRATION IS MARCH 9, 2011.

Poster art judged based on creativity and use of this year's them "Elder Voices, Youth Choices".

Registration forms and additional information are available online at www.snomnh.ou.edu/languagefair.

For additional information call (405) 325-7588 or email ONAYLF@sauk.snomnh.ou.edu.

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Cheyenne and Arapaho tribes' Culture and Heritage program host a day of hide tanning.

The demostration was held on Jan 27, 2011 at the Concho community building.

Students from Darlington School attended and were shown how to tan a hide of any animal with fur. Greg Spottedbird, projects specialist, Culture and Heritage program invited a gentlemen to demonstrate the steps taken to tan hides. The gentlemen held up a hide that looked like a coyote and said "scraping off the blood and fat from the skin is the first step".

He spoke to the students telling them the remaining steps of tanning a hide. Soaking the hide to soften it, racking the hide by stretching and hanging onto a wooden frame, fleshing the hide, fininshing, and smoking the hide.

Annual Cheyenne and Arapaho Tribal studies conference

Submitted article

Due to limited resources the annual Cheyenne and Arapaho Tribal studies conference will not be held in 2011.

The Cheyenne and Arapaho Tribal studies conference has been held for the past three years in conjunction with the Denver March powwow. The purpose of the Tribal studies conference was a gathering of all tribes, Northern Cheyenne, Northern Arapaho and Cheyenne and Arapaho Tribes to discuss, share and plan the future of our native languages.

Each year the expenses for holding the conference has increased. As a result of another increase in the conference expenses, the Department of Education in consultation with the Department of Administration made the final decision to refrain from scheduling the conference for 2011

A more immediate focus of the Department of Education is the tribal languages. The Department is in the second year of grant activity for the Early Childhood Learning Program that is teaching both Cheyenne and Arapaho languages to tribal Head Start students and at tribal Child Care centers. Several language activities will be scheduled to occur in 2011 within the geographic boundaries of the tribal service area that a greater number of tribal members can attend as opposed to the limited number who attend the out-of-state tribal studies conference.

Later this year, a Cheyenne and Arapaho Language Summit will be scheduled and held here in Oklahoma for interested tribal members to address the current and future needs of our tribal languages. Meanwhile, the Department of Education is reorganizing the structure of the Language Program to have designated staff with specific roles, duties and responsibilities. The department will plan, organize and implement a five and ten year plan on how to revitalize and preserve our languages. The Director of the Language Program will organize a Language Board comprised of tribal members with varying levels of proficiency of each language, Arapaho and Cheyenne, to help guide the future language education of our people. The lead teacher will develop partner relations with area school districts to broaden our distance learning education.

Although both languages have been taught in a few public schools for several years, the Department of Education does not have a curriculum for our Cheyenne and Arapaho Languages. Both languages of the Cheyenne and Arapaho are at a critical state in that we must collectively as, concerned leaders and Cheyenne and Arapaho tribal members, come together to address the current and future needs of our tribal languages. That will be the focus for this year with the program reorganization, language board and tribal language summit.

The future of the annual Cheyenne and Arapaho studies conference will depend on the outcome of the five and ten year plan. The conference will need to be a component of the strategic plan that requires utilizing information, resources, and other materials gained from the conference and meeting with other tribal elders. Should you have any concerns or would like to submit suggestions or comments regarding this notice, please feel free to contact Education Director Teresa Dorsett at (405) 422-7562.

Disaster assistance for livestock producers affected by ice, cold and heavy snowfall

Submitted by Michael Moss

El Reno, Okla., February 8, 2011 – Michael Moss, executive director of the Canadian County Farm Service Agency (FSA), today issued a reminder to livestock producers that FSA programs may be available to assist them. Many are dealing with harsh winter weather, which is causing serious harm to livestock and forage due to heavy snow, ice and extremely cold temperatures.

"This is turning out to be a tough winter for many farmers and ranchers in Oklahoma and learning about our FSA programs is an important step for producers to take," said Moss. "We need producers to document the number and kind of livestock that have died as a direct result of these winter storms and timely notify the local FSA office of these losses. There may be situations where producers are transporting feed to their livestock. Producers should document these additional costs."

FSA administers several programs that help producers recover from livestock deaths that are beyond normal mortality rates, losses of purchased and/or harvested forage, and with the additional costs of providing or transporting feed. Among the key programs are the Livestock Indemnity Program (LIP) and the Emergency Assistance for Livestock, Honeybees, and Farm-Raised Fish Program (ELAP). For livestock death losses to be eligible under LIP, producers must file a notice of loss with the local FSA office within 30 calendar days from when the loss is apparent to the producer.

Fact sheets for these two programs can be found at www.fsa.usda.gov/ok.

Moss also encouraged producers to use Hay Net on the FSA website (www.fsa.usda.gov/haynet), an online service that allows producers with hay and those who need hay to post ads so they can make connections. Hay Net is a popular site for farmers and ranchers who have an emergency need, such as the one caused by the current wintry conditions. Individual ads can be posted, free of charge, by producers who complete a simple online registration form the first time they use the site.

"We encourage all who have suffered a disaster due to the recent cold weather and blizzards to read the fact sheets and visit with our county office staff so they get a quick start in the recovery process," added Moss.

For more information on all FSA program requirements, visit the Canadian County FSA office or visit online at www.fsa.usda.gov/ok.

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USDA announces dates of sorghum checkoff referendum

STILLWATER, Jan. 21, 2011 – The U.S. Department of Agriculture has finalized procedures for the upcoming referendum on the continuation of the Sorghum Check-off Program and is announcing the dates it will conduct the referendum.

For the program to continue, the Sorghum Promotion, Research, and Information order requires that a referendum be conducted no later than three years after the start of assessments, which began on July 1, 2008. The order requires a simple majority vote in the referendum for the program to continue.

USDA will conduct the referendum Feb. 1-28, 2011, at local Farm Service Agency (FSA) offices for producers and the Agricultural Marketing Service office, referenced below, for importers. Ballots may be obtained in person, by mail or facsimile at county FSA offices, or via the Internet at www.ams.usda.gov/sorghumpage.

Any eligible person engaged in the production of importation of sorghum from July 1, 2008, to Dec. 31, 2010, is eligible to participate. Individuals are required to provide documentation such as a sales receipt or remittance form that shows they engaged in the production or importation of sorghum.

The Sorghum Check-off Program, and its' 13-member board, is authorized by the Commodity Promotion Research and Information Act of 1996. The mandatory program is funded at the rate of 0.6 percent of the net market value on grain sorghum and 0.35 percent of the net market value of sorghum forage.

Sorghum Check-off is a national, coordinated, self-help marketing program designed to strengthen the position of sorghum in the market place, maintain and expand existing domestic and foreign markets and uses for sorghum, and develop new markets and uses for sorghum.

The final procedures were published in the Nov. 18, 2010, Federal Register. The notice announcing the dates of the referendum were published in the Jan. 4, 2011, Federal Register.

For more information, contact Kenneth R. Payne, Chief, Marketing Programs, Livestock and Seed Program, AMS, USDA, Room 2628-S, STOP 0251, 1400 Independence Avenue, SW, Washington, DC 20250-0251; by calling (202) 720-1115; or faxing (202) 720-1125.

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EATING well for DIABETES

By Lyndsay Seawright, MA, RD/LD
C&A Diabetes Wellness Program

A Day of Heart Healthy Meals

Due to the fact that February is recognized as American Heart Month many people go to dietitians to learn what they can do to promote heart health. There are several ways to preserve the function of the most important muscle in the body – the heart. One of these is to get some sort of physical activity for 30 minutes, most days of the week. The other way is by fueling the body during the day with nutritious, heart healthy foods.

Beginning your day with oatmeal is a great way to provide your heart with omega-3 fatty acids, potassium and folate, all of which are essential for heart health. Additionally, oatmeal is an excellent source of fiber which aides in heart health by lowering LDL cholesterol (or "lousy" cholesterol), thus keeping arteries working properly. This delicious breakfast treat can be jazzed up with sliced bananas and almonds for an extra punch of fiber and healthful fats.

For a delectable lunch mix baby spinach with grilled chicken and avocado slices. Spinach is another great source of folate, potassium and fiber, chicken is a lean source of protein, avocado is a rich source of monounsaturated fats increases the amount of HDL cholesterol (or "happy" cholesterol) in the body. Dress your salad with a drizzle of olive oil for extra help decreasing the amount of bodily LDL cholesterol. Top it off with some freshly cracked pepper for a truly delicious lunch.

A hearth healthy supper might consist of a delicious piece of salmon – which has been shown to reduce blood pressure levels while helping to prevent blood clots. Try baking your fish in a foil packet with a drizzle of olive oil, a slice of lemon and your favorite dried herbs. Serve with your choice of green veggies and brown rice for extra fiber, and seasonal berries for a sweet ending.

For any questions or concerns regarding nutrition, weight management or diabetes please contact the Cheyenne and Arapaho Diabetes Wellness Program at (405) 422-7688.

School Clothing Receipts Deadline Extension

The Cheyenne and Arapaho Tribes School Clothing Program would like to announce the extension for the deadline for the 2010-2011 SCP receipts.

Parents/applicants must submit all orginal receipts to the SCP office by Feb.18, 2011 (or post marked by Feb. 18, 2011).

Receipts for school clothing purchased before receiving SCP funds will be accepted, as long as the date is not before July 1, 2010. List the applicant's name and enrollment number on all receipts prior to submission.

The SCP would like to thank all the applicants who participated this year. If you have any questions please contact the Education Department-SCP.

American Indian Vocational Rehabilitation
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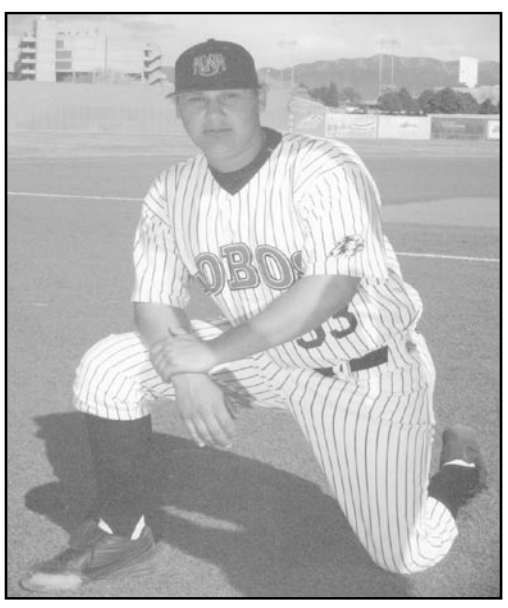
Sports Spotlight



Courtesy photo
Adam Skelton

Adam Skelton, son of Stephen Skelton and Joyce Starr, grandson of Toby Starr and Christine Starr of Hammon, Okla., is going to the Netherlands to play baseball for the Heiloos Baseball Double Star team.

Adam graduated from the University of New Mexico in 2008 and is now pursuing a masters degree in sports medicine.

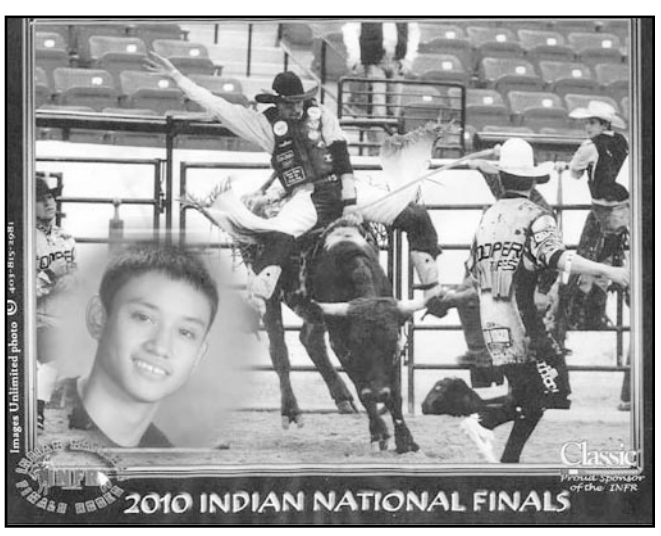
Adam's grandpa Toby, was a very good baseball player in his own right and was recruited by the Los Angeles Dodgers but declined because he was raising a family.

Stephen's grandfather was a professional baseball player also.

Adam was the Kansas Jay Hawk Junior College All Star right-handed pitcher where they finished the year with a win from the Junior College World Series. Adam made the University of New Mexico Lobos baseball team as a walk on candidate. He lettered two years, and earned scholarships for his exceptional play.

Indian National Finals Rodeo

"A Tradition of Professional Indian Rodeo"



Cleve Spang, northern Cheyenne won the Junior Champion Steer riding event at the International Finals Rodeo.

Thirty-four years ago, five people gathered to put a concept to reality. They united several regional Indian Rodeo Associations from the U.S. and Canada to form the Indian National Finals Rodeo Inc. (INFR) at the arena in which Champion Indian cowboys and cowgirls compete against each other in the sport of professional rodeo.

Almost every child dreams of being a cowboy or cowgirl, for most, the romantic notion remains a fantasy. But for a lucky few, the dream turns to reality when those kids grow up to be members of the Indian National Finals Rodeo. Sanctioning nearly 700 rodeos nationwide and offering annual prize money exceeding over million dollars the INFR is, by far, the largest and the oldest Indian Rodeo Organization in the world.

The INFR also works with a variety of youth rodeo associations as well the National High School Rodeo Association and the National Intercollegiate Rodeo Association, creating a natural progression for the athletes climbing from the ranks of youth and college rodeo to professional rodeo.

The INFR currently has 11 Regions within the United States and Canada with members ranging from 10 years of age to 80. With regional events the age group starts as early as 1 to 2 years of age. These contestants are enthusiastic about competing with their peers.

The desire of the contestants to compete for points at the Regional and Tour rodeos and a shot at a World Championship is overwhelming. Both the INFR and the members of the INFR are proud of the tremendous success the INFR has had for over 30 years.

In 2009 the INFR made History as the contestants competed for the second year in Las Vegas, NV at the South Point Casino. Contestants compete for over $1,000,000 in prize money and awards throughout the year, which culminates with the Indian National Finals Rodeo, where 350 qualified contestants compete in eight major events.

There were 59 tribes represented at this year's event. The majority of the INFR members are also members of Professional Rodeo Cowboys Association (PRCA).

The INFR has been in existence for 34 years. The INFR Commission has taken steps to increase the awareness and preservation of the INFR for the Professional Indian Cowboys and Cowgirls.

Another key component that has been implemented is the INFR Scholarship Program. Since 2005, the INFR has provided over $50,000 in scholarship assistance to members of the organization, and take pride in seeing the INFR Cowboys and Cowgirls achieve their educational goals.

In 2006 the INFR Commission agreed to have 30 contestants in each of the major events vying for the championship title at the INFR. With this in mind the tour rodeos started growing even bigger. Contestants traveled thousands of miles to attend tour rodeos to get the points they needed to qualify for the INFR. Entries at the tour rodeos varied based on the added purse money. We had over 300 entries at one tour rodeo that had an added purse of $5000 in each event. Where we had 180 entries for a rodeo that had $2000 added. With respect to each rodeo, all the tour rodeos were a big success.

Emma Bowen journalism internships available

We would like to encourage high school students interested in pursuing an education or career in journalism to consider submitting an application for the Emma Bowen Foundation summer internships.

The internships are arranged by sponsors of the Emma Bowen foundation and last through the chosen students' senior year in college.

At this time, there is one internship position available in each of the following locations, Austin, Texas, San Francisco, Calif., San Jose, Calif. and Phoenix, Ariz.

We encourage our members in or around these locations to identify and encourage aspiring native journalism students to submit an application for this wonderful professional development and networking opportunity.

Below are the the details of the program and application process as shared with us by Rita Torres of the Emma Bowen Foundation:

INFORMATION

The Emma L. Bowen Foundation for Minority Interests in media recruits minority youth (African American, Hispanic, Native American, and Asian/Pacific Islander) to intern at industry companies in their home towns.

Any minority student who is a high school junior or senior, or college

freshman is eligible to apply. Requirements are: A cumulative grade point average of at least 3.0, an interest in the media industry, and plans to attend a four-year accredited college or university. Applicants must be U.S. citizens or legal residents, and speak and write English fluently.

HOW TO APPLY

Go to: www.emmabowenfoundation.com. Download the western application that includes mailing instructions on page 5. The Feb. 15, 2011 deadline is soft, applications for the western region will be accepted through Feb. 28, 2011. While on the web page scroll down past the U.S. map and the list of states, and then click on Frequently Asked Questions. If there are still questions call (818) 655-5708.

In response to the application question "How did you learn about our program?", please write "Native American Journalists Association".

Good luck and encourage you to contact the Emma Bowen Foundation at the number listed above if you have any questions about the program or the application process.

GOLFERS NEEDED
Sunday, March 27, 2011-
Surrey Hills Golf Course

Hosted by Kecia Sharp's softball team, Oklahoma Original Ultimate

Sharp needs one team to fulfill her obligation to the team. Cost is $300/team or $100/hole sponser.

Please call Jonathan Sharp at (405) 255-0711 if interested

Kecia Sharp is the daughter of Stacia Tai-Welbourne and Jonathan Sharp. Her maternal grandparents are Georgianna PrairieChief-Welbourne and the late Thurman Welbourne.

The Domestic Violence program services Canadian, Kingfisher, Blaine, Dewey, Custer, Washita, Beckham and Roger Mills counties.

Women Are Sacred

The Cheyenne and Arapaho tribes Domestic Violence Program provides

Counseling for Native American women, including the elderly, who have been involved in domestic abuse, sexual assault or stalking.

Advocacy in obtaining victim's protective orders and referrals to agencies that may be of assistance to them.

Support for clients and their families while in crisis.

For more information or help call (405) 422-7692-office or toll free (800) 247-0345 ext. 27692

This project is supported by Grant No.2209-TW-AX-0039 awarded by the Office on Violence Against Women, U.S. Department of Justice

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2011 RESpECT Basketball Tryouts

RESpECT Tryouts for Grades 5th-8th
Clinton, OK - RESpECT Gym
Saturday, February 26th

Grades 5th-8th are encouraged to attend

5th/6th Grade Girls - 1:00 pm - 2:00 pm
5th/6th Grade Boys - 2:00 pm - 3:00 pm
7th/8th Grade Girls - 3:00 pm - 4:00 pm
7th/8th Grade Boys - 4:00 pm - 5:00 pm

Transportation Schedule

El Reno	Wal Mart	11:30	Hammon	High School	12:00	Kingfisher	Wal Mart	11:00
Geary	North Store	11:30	Elk City	Love's	12:30	Watonga	ALCO	11:45
Weatherford	Wal Mart	12:30	OKC	Macarthur Wal Mart	11:00	Thomas	Terrier Express	12:30

Cheyenne/Arapaho: 11-12 Boys Champs

Please call to sign up for Transportation at the Concho RESpECT Office at 405-422-7570 or the Clinton RESpECT Office at 580-331-2601

CHEYENNE & ARAPAHO R.E.Sp.E.C.T. PROGRAM

EVERY CHILD MATTERS
A Community Committed!

COMMUNITY CONVERSATION
Thursday, February 17, 2011
5:00-8:30PM
Lucas Hall @ Etta Dale School
601 S. Choctaw, El Reno
Registration @ 5:00PM
Dinner provided at 5:30pm. Conversation begins at 6pm.
Special invitation to current & former EPS Native JH and HS Students
Stay to win Door Prizes! FREE child care available.

Sponsored by
the Cheyenne and Arapaho Tribes Department of Education,
El Reno Public Schools, El Reno Education Assoc., OEA, and NEA.

American Legion Post 401 met at Concho Community Center on Jan. 27, 2011 at 6 p.m. Lucky Star Casino in Concho, Okla. graciously served a hot meal to the veterans.

There were approximately 25 members and visitors present at the meeting. The group continues to grow in membership and is planning it's first annual Powwow. If you would like to volunteer to be in the ladies auxiliary please join us.

The next meeting will be held in Clinton, Okla. at the Cheyenne-Arapaho Housing Conference Center on Feb. 24, 2011. The meeting will begin at 6 p.m. We ask all veterans and those interested in becoming an auxiliary member to join us. Not sure what the legion is all about? Please call one of the following officers with any questions. Post Commander-Charles Fletcher (405) 203-1823, Vice Commander-Michael Leader (580)919-9178, Post Adjutant-Carolyn Fletcher (940)367-5330, SGT At Arms-Doty Lumpmouth Jr (580)547-4287, Historian-Eddie Wilson (405)850-5734.

The American Legion Post 401 would like to thank Chris Derenzo and his staff at Lucky Star Casino. The meal provided to the post members and visitors was amazing. Thank you for making our meeting even better by providing such a service to our attendees. We would also like to thank the folks with the Culture and Heritage program for their help. We graciously thank you all.

New VA support line provides important assistance to caregivers

Benefits and Support Information a Phone Call Away

WASHINGTON (Feb. 8, 2011)- The Department of Veterans Affairs (VA) is increasing its support to caregivers with a new, toll-free telephone line for the caregivers of Veterans of all eras.

"The families and loved ones who care for severely injured Veterans deserve the highest level of support," said Secretary of Veteran Affairs Eric K. Shinseki. "At VA, we consider them important partners in our efforts to care for and rehabilitate our nation's heroes."

The National Caregiver Support Line (855) 260-3274, will serve as the primary resource and referral center to assist caregivers, Veterans and others seeking caregiver information.

The line unofficially started Feb. 1, 2011 and in its first week logged nearly 600 calls, including 134 referrals to local VA caregiver support coordinators and 233 calls from caregivers themselves.

"VA has been providing support for the caregivers of Veterans for more than seven decades," Shinseki added. "We already have more than two dozen successful programs, policies and services that support the caregivers of Veterans of all ages." The support line will provide information regarding new caregiver benefits, referrals to local caregiver support coordinators as well as emotional support to those concerned with their ability to provide care to loved ones who are Veterans.

The National Caregiver Support Line will be open Monday through Friday, 8 a.m. to 11 p.m., Eastern time; and Saturday, 10:30 a.m. to 6 p.m., Eastern time. Licensed VA social workers and health technicians will staff the support line.

Local caregiver support coordinators are available to assist Veterans and their caregivers to understand and apply for VA's many caregiver benefits.

VA also features a Web page, www.caregiver.va.gov with general information on other caregiver support programs available through VA and the community. Access to the National Caregiver Support Line was also identified as a significant need in a November 2010 study on caregivers of Veterans published by the National Alliance for Care giving.

Grant energizes battle to stop Indian suicides

By Steve Young, Argus Leader

Courtesy photo

SIOUX FALLS, S.D. (AP) _ Morgan Pourier's wrists carry the scars of a child beaten down by bullying, trauma and family struggles on the Pine Ridge Indian Reservation.

Though just an eighth-grader at Wolf Creek School east of Pine Ridge, she already has courted death in a bottle of pills and the edge of a blade.

But the culture of death that often grips reservation life did not kill Morgan. If anything, it transformed her into an important voice of hope in the fight against suicide across Indian Country.

And now, a newly awarded $50,000 U.S. Department of Education grant could give her and other crusaders a helping hand as well.

The department's Office of Safe and Drug-Free Schools has awarded more than $27 million in Project School Emergency Response to Violence _ or SERV _ grants since 2001 to help school districts and higher-ed institutions respond to suicide and other traumatic events.

In Shannon County, that money will pay for a case manager to follow up with students who have attempted suicide or voiced thoughts of it.

``We want to make sure they are receiving services,'' said Allie Bad Heart Bull, who manages dormitory and residential life at Pine Ridge School. ``We'll work with their parents. We'll do prevention, like peer counseling. The thing is, so many times, they get lost in the system. There is no follow-up. Hopefully, this will help change that.''

National Centers for Disease Control and Prevention statistics indicate that tribal youths are much more likely than other American youths to kill themselves, especially in this region.

In 2009-10, nine students in the Shannon County School District killed themselves.

Pourier attempted suicide within that time frame. Family trauma at home and bullying outside the home led her first to try overdosing on pills, then to cut her wrists, she said.

``I was a bad cutter,'' she said. ``Most of last year, whenever I felt depressed, I sliced my wrists to relieve some of the pain.''

Bullying is particularly problematic on the reservation, said Tiny DeCory, a community advocate involved in after-school and summer programs. Again and again, children are made fun of because of their size, the way they look and the way they dress, DeCory said.

``Even little kids are bullying other kids for the way they look at them,'' she said. ``Bullying leads to suicide ideations. Kids are five times more likely to think about suicide if they're being bullied.''

That's not all. Eileen Janis, a suicide outreach worker for the tribe's Sweetgrass suicide project, estimated that half of the cases of suicide on her reservation involve sexual abuse. The bullying and sexual assaults lead to depression, Janis said, which in turn lead to alcohol and substance abuse.

The Project SERV grant runs six months and has to be applied for again, Bad Heart Bull said. But it is by no means the only suicide prevention effort taking place at Pine Ridge.

Indian Health Service's behavioral health department in Pine Ridge is a key player in dealing with troubled youths. So are Janis and the Sweetgrass Project, which is an arm of the tribe's health department and helps to get screenings, early identification, referrals and follow-ups for at-risk youths.

And then there's Morgan Pourier.

She and other Oglala youths are part of a program called Be Excited About Reading, or BEAR. Coordinated by DeCory, the group uses singing, dancing and storytelling skills to put on skits, role play and educate youths about how to deal with the ugliest realities of reservation life.

``If I could afford to take these kids out of school, I'd be doing it every day in Indian Country,'' DeCory said. ``I kid you not. ... North Dakota, South Dakota, Montana ... we could do presentations every day.''

Some group members such as Pourier speak personally to the dynamics of suicide. The skits then get to the issues of taunting others, of teens having babies, of children going hungry. Afterward, Pourier and the others are there to listen.

``I know we are connecting,'' she said. ``The kids in the lower grades, you can tell they look up to us. And the ones in the upper grades, they talk to us. When they feel depressed, they text us about how they're feeling.

``If they get to the point where they say they're going to do something, we get them help right away. I go to Tiny DeCory, and she gets them help.''

It is a good therapy program, DeCory said, adding: ``People have been in denial about this for generations. We're trying to end the silence. That's what BEAR does.''

Now the U.S. Department of Education is joining the fight, too, and spurring hope across a landscape that sees too much senseless death.

``Everything is kind of buzzing,'' Bad Heart Bull said. ``We're doing a lot of prevention. You know, there's a lot of negativity out there. We have to bring that spark back up.''

Events CALENDAR

Community Conversation

Registration begins 5 p.m., Thursday, Feb. 17, 2011 at the Etta Dale School, Lucas Hall in El Reno, Okla. Sponsored by the Cheyenne and Arapaho tribes' Education Department, El Reno Public Schools, El Reno Education Association, Oklahoma Education Association and the National Education Association.

Cheyenne and Arapaho Special Tribal Council Meeting

10 a.m., Saturday, Feb. 19, 2011 at the Concho Community Center in Concho, Okla. For more information contact the Tribal Council Coordinator, Lisa Martin at (405) 422-7430.

Oklahoma Indian Nations Benefit Dance

Saturday, Feb. 19, 2011 at Darlington School in El Reno, Okla. Supper at 5 p.m. Gourd dance to follow. For more information contact Dara Franklin at (405) 361-8945 or Christine Morton at (405) 476-1134.

Birthday Dance for Levi Pedro, 7, Tracy Hornsby, Jr., 5, and Hubert Youngbird, 5

Saturday, Feb. 19, 2011 at the Watonga Multi-Purpose Building in Watonga, Okla. Supper at 1 p.m. with Gourd Dance to follow.

Clint Black with special guest John Anderson

Feb. 19, 2011 at the Lucky Star Casino's Event Center in Concho, Okla. For more information or to purchase tickets visit www.ticketstorm.com. VIP tickets $90, general admission $37.50.

Tonkawa Tribe annual Basketball Tournament

March 4-5, 2011 at the Ft. Oakland gym in Tonkawa, Okla. $35 entry fee. The fee, team contact name, team roster and phone number must be received by March 1, 2011. For more information contact Lisa Norman at (580) 628-2561 or (580) 823-2379.

Cheyenne and Arapaho Indian Art Market

March 4, 2011 from 10 a.m. - 6 p.m. All artists are invited to display or sell their art. The Indian Art Market is held on the first Friday of every month. For more information call (405) 422-7620.

Benefit Dance for Geary High School's Indian Club

Saturday, March 5, 2011 at the Geary High School gym in Geary, Okla. Gourd dance begins 2 p.m., supper at 5 p.m. For more information contact the Indian Club President, Asa LittleBird at (580) 791-0478 or (405) 884-2746.

Lance Allrunner Memorial powwow

March 5, 2011 at the Comanche Nation Complex in Lawton, Okla. For more information call (405) 247-5805 or email cwild3cat@yahoo.com.

The 2011 Miss, Jr. Miss and Little Miss Indian Oklahoma City Competition and Performance

March 18, 2011 starting at 6:30 p.m at the Destiny Christian Center, 3801 S.E. 29th St., Del City, Okla. For more information contact Shirley Wapskineh at (405) 632-5227 or by email at swapskineh@sbcglobal.net.

The 37th annual Denver March powwow

March 18-20, 2011 at the Denver Coliseum, 4600 Humboldt, Denver, Colo. For more information visit www.denvermarchpowwow.com.

The fifth annual Oklahoma City University Spring powwow Contest

Sat. April 9, 2011at the campus of Oklahoma City University. For more information email Lindsey Factor, lfactor.stu@my.okcu.edu or Chris Roman Nose, cromannose@okcu.edu..

ELDERS DAY OUT
FEBRUARY 23, 2011
10:00 A.M. - 3:00 P.M.
CONCHO COMMUNITY BUILDING
Woodward - Walmart 7:00 a.m.
Seiling - Shell Gas Station 7:30 a.m.
Canton - Shell Gas Station 8:15 a.m.
Watonga - Karl's Apple Market 8:45 a.m.
Geary - North Store Gas Station 9:15 a.m.
Hammon - Cowboy Junction 7:00 a.m.
Elk City - Love's 7:15 a.m.
Clinton - Homeland 8:00 a.m.
Thomas - Terrier Express 8:00 a.m.
Weatherford - Old Homeland 8:30 a.m.
Kingfisher - Walmart 9:30 a.m.
Oklahoma City - Walmart on MacArther 9:00 a.m.
Valentine's Sock Hop!
For Information or to Register, please call 1.800.247.4612 Ext. 27570

Bison slaughter on hold as park reviews lawsuit

By Matthew Brown, Associated Press

BILLINGS, Mont. (AP) _ Federal officials halted plans Friday to ship bison to slaughter from Yellowstone National Park after saying they first had to review a court challenge filed by wildlife advocates.

Almost 400 of the animals were being held in corrals inside the park for testing to see if they have been exposed to the disease brucellosis.

Officials had planned to begin this week sending to slaughter those bison that test positive, but environmental and American Indian groups are seeking a restraining order from a federal judge in Helena to block the shipments. No shipments are expected while the legal challenge is reviewed by the Park Service, Yellowstone spokesman Al Nash said.

Brucellosis can cause wildlife and livestock to prematurely abort their young. About half the park's bison carry the disease, although no bison-to-cattle transmissions have been recorded.

``Our plan at the moment is to continue testing and sorting these animals. We'll see what next week brings,'' Nash said.

Court filings indicate the government plans to respond to the request for a restraining order by Monday. No hearings have been set. The case is before U.S. District Judge Charles Lovell.

The legal maneuvering comes as the park's iconic bison herds are suffering their worst winter in several years, with deep snows forcing many of the animals out of the park and a much-heralded initiative to expand where they can roam is on the verge of failure.

Park workers and state livestock agents have been trying for the last several weeks to halt the animals' exodus from the snow-packed park to lower elevations.

Bison periodically attempt to migrate out of the park in search of food. But many end up in government-operated corrals under a controversial program meant to guard against the spread of the disease brucellosis to livestock.

Christian Mackay, executive officer of the Montana Department of Livestock, said Friday that scheduling shipments of any captured bison is primarily a federal responsibility.

Through Friday, 224 of the 368 captured bison had been tested. Seventy-six tests came back positive and 148 negative, park spokesman Al Nash said.

There is no guarantee the negative animals will be released. Holding them until spring in the corrals along the park border could prove impossible if bison keep pouring out of the park.

The corrals hold only about 400 animals.

Those involved in the legal challenge said the chance of livestock being infected by bison is too low to justify the death of so many bison _ the largest wild land animals in North America.

``It doesn't make sense why they have such a lethal approach,'' said Tom Woodbury with the Western Watersheds Project, one of the plaintiffs in the case. ``There are no cattle on public lands (adjacent to the park) this time of year. This seems to be more about population control than disease control.''

Meanwhile, a $3.3 million initiative to give a small number of bison more to roam outside the park was down to a single animal.

It has been just two weeks since 25 of the burly animals were herded onto the Gallatin National Forest, where bison had been prohibited for decades. But some of them repeatedly left the 2,500-acre patch where they were supposed to spend the winter. One was shot after entering private property, and 23 were captured and shipped back to the park or returned there on their own.

Government officials said it was uncertain when or how they would attempt again to carve out new habitat for the species in Montana. The state's Democratic governor, Gov. Brian Schweitzer, suggested another batch of 25 bison could be herded from the park down to the forest land, but there were no immediate plans to do so.

Few cattle remain in the immediate vicinity of the park. Wildlife advocates said those conditions make it possible for government agencies to ease their restrictions on where bison can move, but a spokesman for the Montana Stockgrowers Association said the livestock group is closely tracking the pending legal case and remains wary of any move to expand where bison can roam outside Yellowstone.

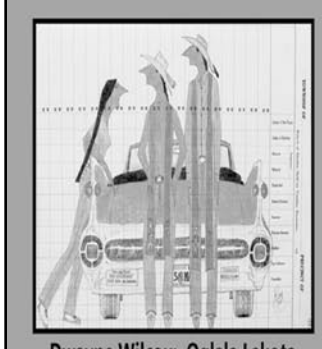
Jay Bodner, the association's director of natural resources, said cattle producers whose animals are infected with brucellosis can face economic losses if buyers are not willing to pay as much for their animals.

``Management actions still need to be taken,'' he said in reference to the government-sponsored capture and slaughter program.

In 2008, a record 1,600 bison were killed leaving the park, including more than 1,400 that were shipped to slaughter.

Join Us for the
Opening Reception
Friday, February 18th, 7 - 10 p.m.
(Show runs thru March 18th)

"Love of Ledger Art - History in Pictures"


Dwayne Wilcox: Oglala Lakota

Dolores Purdy Corcoran: Caddo

Sherman Chaddlesone: Kiowa

George Levi: So. Cheyenne

Tribes131

Artists will be available to answer questions and talk about the history and significance of ledger art. There also will be historical ledger pieces available for viewing. For more information contact the gallery. Remember the vast selection of jewelry, gifts and art always available at Tribes for special occasions and holidays. Open Tues - Sat 10 - 5 & by appointment.

131 24th Ave. NW Norman, OK 73069 405-329-4442 www.tribes131.com

Oklahoma Indian Nation Pow-Wow Committee

ACCEPTING APPLICATIONS
FOR
2011 PRINCESS CONTEST

Age categories for princess candidates:
Senior Miss: Between ages 14-19 years of age by April
Junior Miss: Between ages 7-13 years of age by April
Little Miss: Between ages 1-6 years of age by April

Applicants must be of American Indian Descent

Princess Contest will be judged by Penny A Vote

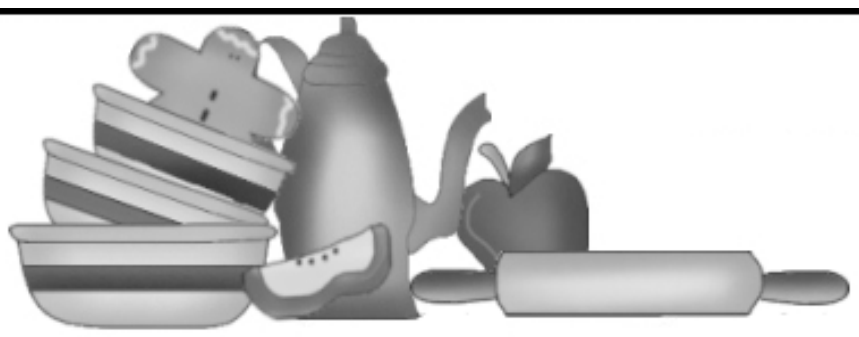
OIN Committee will count Penny Votes in April, at Darlington School (date to be determined)

May 28th, 2011:
Princess Coronation Dance, Darlington School

Applications can be obtained and submitted:

Dara Franklin
1801 David Drive, El Reno OK 73036
Home: (405)295-6512
Work: (405)262-0137
Cell: (405)361-8945

Christine Morton
512 Lynn Drive, El Reno, OK 73036
Home: (405)422-3477
Work: (405)422-7545
Cell: (405)476-1134



Pepperoni Pizza Skillet

Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program

Ingredients
5 cups uncooked wide egg noodles
1-1/2 pounds ground beef
1/2 cup chopped onion
1/2 cup chopped green pepper
1-1/2 cups chopped pepperoni
1 jar (14 ounces) pizza sauce
1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
1 can (4-1/2 ounces) sliced mushrooms, drained
1/2 cup grated Parmesan cheese
1/4 teaspoon garlic powder
1/4 teaspoon dried oregano
1/2 cup shredded part-skim mozzarella cheese

Directions

Cook noodles according to package directions. Meanwhile, in a large skillet, cook the beef, onion and pepper over medium heat until meat is no longer pink; drain. Stir in the pepperoni, pizza sauce, soup, mushrooms, Parmesan cheese, garlic powder and oregano. Drain noodles; stir into skillet and heat through. Sprinkle with mozzarella cheese.

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BRIEFS

The 2011 Oklahoma Transportation Winter Conference

Feb. 22-24, 2011 at the Crowne Plaza Hotel in Oklahoma City. Featuring the 11th annual OTA Excellence Awards banquet. For more information visit www.oktransit.org.

The 12th annual National Fatherhood and Families Conference

March 1-4, 2011 at the Embassy Suites in San Francisco, Calif. For more information or to register visit www. eclkc.ohs.acf.hhs.gov.

The 30th annual Native American Child and Family Conference

March 6-10, 2011 at the Wild Horse Pass Hotel and Casino in Chandler, Ariz. For more information or to register visit www. southwestconsortium.org.

The fifth annual Reservation Economic Summit and American Indian Business Trade Fair

March 14-17, 2011 at the Hilton in Las Vegas, Nev. For more information or to register visit www.ncaied.org.

Human Resource Development and Telework Policies Procedures and Performance Management

March 15-16, 2011 in San Diego, Calf. For more information or hotel reservations call (800) 888-1027.

Indian Housing Law

March 21-23, 2011 at the Platinum Hotel in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.

Assessing and Revising Personnel Policies and Procedures for the Tribal Organization

March 21-23, 2011 in Albuquerque, N.M. For more information visit www.falmouthinstitute.com.

Native American Finance Officers Conference-Strengthening Tribal Sovereignty through Sound Financial Management

March 22-23, 2011 at the Pala Resort Spa and Casino in Pala, Calif. For more information or to register visit www.nafoa.org.

Native American Law Conference-Reconnecting Economies: Indigenous Networks and Commerce

March 25, 2011 at the University of Idaho, School of Law, in Moscow, Idaho. For more information visit www. uidaho.edu.

The tenth annual Native Women and Men's Wellness Conference

March 27-31, 2011 at the Hotel Albuquerque in Albuquerque, N.M. For more information visit www. aii.ou.edu/conferencestrainings/native-women-mens.

Native American Language Preservation Summit

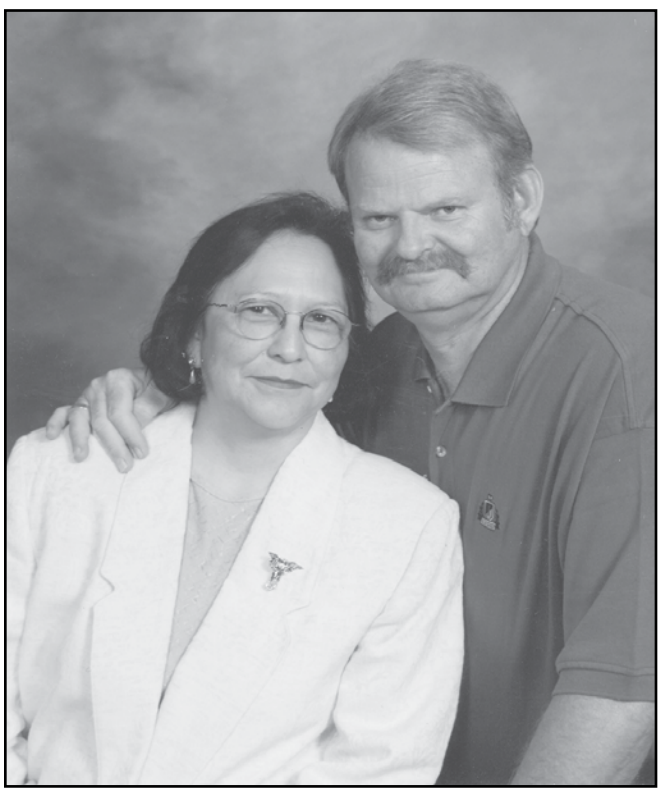
March 28-30, 2011 in Phoenix, Ariz. For more information visit www.falmouthinstitute.com.

Indian Country's Indirect Cost Summit

March 30-31, 2011 in Phoenix, Ariz. For more information or to register visit www.falmouthinstitute.com.

Love affair

continued from page 1



The Worthingtons

Francine said they still live with the "back in the day" ideal that if you really love someone you make a commitment to marry them and stay married.

"That is what a vow is. Today you don't see that commitment in younger people," Francine said. "We realized that a couple must love each other, respect each other and trust each other and setting our priorities in our lives for our family."

When Francine and Wayne were married, Francine made a bucket list of things she wanted her and Wayne to do. There were 29 items on the list. There are only five more items to complete on their list.

"We are almost done with this bucket list, so we will have to add to our list," Francine said.

The Worthingtons said they share in many passions together, one of which is to honor and remember Veterans. They said they do this by taking part in Rolling Thunder activities, Veteran of Foreign Wars and most recently the Cheyenne and Arapaho tribes' American Legion Post 401.

Another secret Francine said has helped her and Wayne is their belief in God. She said they pray together everyday and live as Christians.

"We ride our motorcycles to many events, funerals, parades, demonstration rides and just to travel America. We advocate in Washington D.C. for our Veterans and their families and Native American Veterans' employment and training programs," Francine said. "It is fun most of the time. We have made many friends nationwide in this effort."

Francine said it does not seem like 40 years together. "It has been eventful and we are blessed with our sons and their families and our grandchildren are keeping us young or younger."

Valentine's Day History
From www.en.wikipedia.org

There are varying opinions as to the origin of Valentine's Day.

Some experts state that it originated from St. Valentine, Roman who was martyred for refusing to give up Christianity. He died on Feb. 14, 269 A.D., the same day that had been devoted to love lotteries.

Legend also says that St. Valentine left a farewell note for the jailer's daughter, who had become his friend, and signed it "from your Valentine."

Other aspects of the story say that St. Valentine served as a priest at the temple during the reign of emperor Claudius. Claudius then had Valentine jailed for defying him. In 496 A.D. Pope Gelasius set aside Feb. 14 to honor St. Valentine.

Gradually, Feb. 14 became the date for exchanging love messages and St. Valentine became the patron saint of lovers. The date was marked by sending poems and simple gifts such as flowers.

There was often a social gathering or a ball.

In the United States, Miss Esther Howland is given credit for sending the first valentine card.

Commercial valentines were introduced in the 1800s and now the date is very commercialized. The town of Loveland, Colo. does a lot of post office business around Feb. 14. The spirit of good continues as valentines are sent out with sentimental verses and children exchange valentine cards at school.

Raindrops

By Matheson Hamilton

I was told that the very first raindrop that ever fell to earth is still on earth to this day. I asked my son if he believed this saying. He said yes, because it is a repetitive cycle, evaporation, condensation, and precipitation. So I looked at our family structure and noticed that our lives toward one another is based on unconditional love, because of the way our parents and grandparents raised us.

When I did some thing wrong as I was growing up my grandparents and my mother would talk to me just to make sure that I knew what I did was wrong. When I did stupid things in my life my family members would just accept it and we would go on with our lives. I notice this to be true with a lot of Native American families that I know, I don't know how it is with other races but I am glad that we still have strong tribal customs that keep our families strong. I know my mother cried a lot when I was growing up tears of sorrow and tears of comfort. I know tears take grief out of a person's soul and can put comfort into ones heart. So in my heart I know that the first teardrop that ever fell is still on this earth today. When I fell down I think of a poem my niece Tanya Orange gave to me, the last line says it's ok to shed a few tears. In the poem it also states when friends have gone home leaving you to face it all alone its ok to shed a few tears. These words are so true and powerful.

I think of my brothers that have gone on before me, I shed a few teardrops. In the military we were told never leave a man behind, but in the end it is one code that we'll break When we are called by our creator, hear has the final word.

I thank my brother Virgil Martin Perry, for reminding me about the rain drops and saying and how important rain drops and tears drops are to all our lives.

Three elders, a century of inspiration

By Kara Briggs, American Indian News Service

Courtesy of the University of Wisconsin-Green Bay - Oneida elder Maria Hinton, 100, has dedicated decades to teaching the Oneida language to people in her tribe.

When Maria Hinton was born in 1910, every Oneida family spoke the language of their ancestors—and at age 100, she has lived to make digital recordings in her language that can be heard on the world the Internet.

When Mary Golda Ross, Cherokee, was born in 1908 in the foothills of the Ozarks, she was only one year younger than the state of Oklahoma—and she would live to become a leading figure in America's space race.

When Helen Maynor Scheirbeck, Lumbee, was born in 1935, the Ku Klux Klan was a powerful force in North Carolina—she would live to play a pivotal role in getting civil rights extended to American Indian people.

These highly accomplished elder ladies of Indian Country each have had a special relationship with the Smithsonian's National Museum of the American Indian. Together they represent some of the many American Indian elders for whom the opening of this museum in 2004 represented a watershed moment in American Indian arts, culture and achievement.

Although Ross passed away at 99 in 2008, and Scheirbeck passed away at 75 in 2010, they, like Hinton, embodied some of the values that are of great importance to the museum, including scholarship and celebration of American Indian cultures.

Hinton, who is Oneida and turned 100 last summer, was honored with the 2009 Prism Award from the museum for her work in reviving the Oneida language and teaching to successive generations of Oneidas.

Last spring Hinton put the finishing touches on an exhaustive recording of the Oneida dictionary. Taking five years of almost daily work, she recorded 12,000 audio files, including tens of thousands of Oneida words, and told stories she first heard in her mother's tongue.

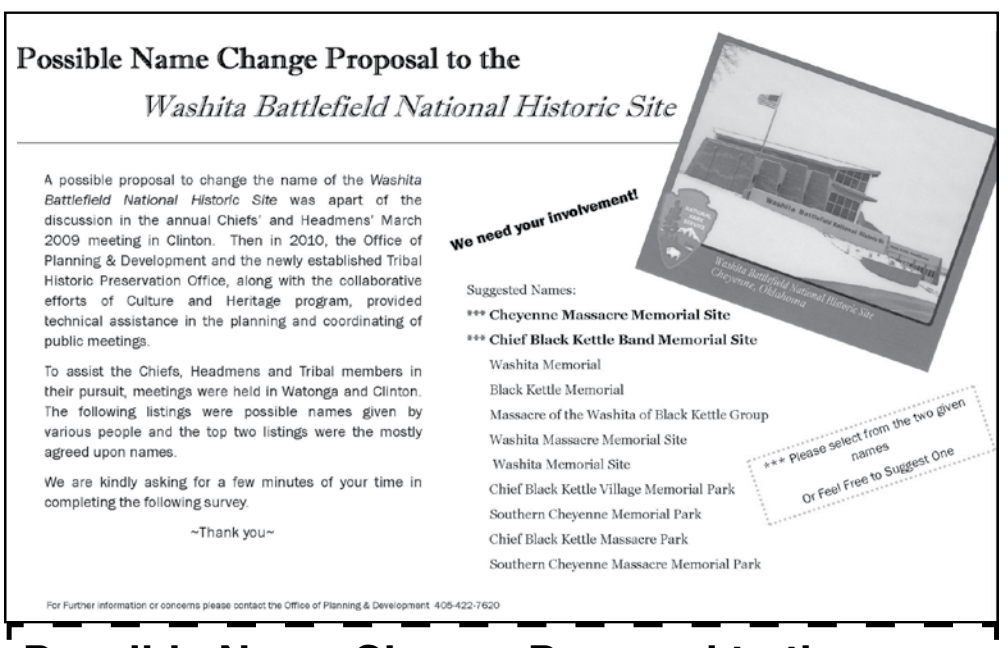
In 1971, after helping to raise her grandchildren in California, Hinton returned to Wisconsin. Soon she and her brother, Amos Christjohn, began working with the Oneida Nation to teach the language to a generation of children who knew only English. They would work for the next 35 years to create a written Oneida dictionary. To that end, Hinton enrolled in the University of Wisconsin in 1973, and graduated cum laude in 1979. Then she became one of the founding teachers at the Oneida Nation Turtle School, and she continues teaching, though now her pupils are the people who teach the tribe's youth.

Speaking from her home in Oneida, Wis., she said in the spring of 2010, "I am not completely retired. We need to keep doing this so the young people can learn things and then they can pass them on."

Mary Golda Ross was 96 when the museum in Washington, D.C., opened, and she proudly wore her Cherokee tear dress as she walked with nearly 100,000 other Indians on the National Mall in celebration.

Ross, a skilled mathematician, is famous for becoming one of 40 engineers in 1948 in a super-secret think tank led by legendary aeronautics engineer Clarence "Kelly" Johnson that later became known as the Lockheed Skunk Works. It was the

Continued below


Possible Name Change Proposal to the
Washita Battlefield National Historic Site
A possible proposal to change the name of the Washita Battlefield National Historic Site was apart of the discussion in the annual Chiefs' and Headmens' March 2009 meeting in Clinton. Then in 2010, the Office of Planning & Development and the newly established Tribal Historic Preservation Office, along with the collaborative efforts of Culture and Heritage program, provided technical assistance in the planning and coordinating of public meetings.
To assist the Chiefs, Headmens and Tribal members in their pursuit, meetings were held in Watonga and Clinton. The following listings were possible names given by various people and the top two listings were the mostly agreed upon names.
We are kindly asking for a few minutes of your time in completing the following survey.
~Thank you~
We need your involvement!
Suggested Names:
*** Cheyenne Massacre Memorial Site
*** Chief Black Kettle Band Memorial Site
Washita Memorial
Black Kettle Memorial
Massacre of the Washita of Black Kettle Group
Washita Massacre Memorial Site
Washita Memorial Site
Chief Black Kettle Village Memorial Park
Southern Cheyenne Memorial Park
Chief Black Kettle Massacre Park
Southern Cheyenne Massacre Memorial Park
*** Please select from the two given names
Or Feel Free to Suggest One
For Further information or concerns please contact the Office of Planning & Development 405-422-7620

Possible Name Change Proposal to the Washita Battlefield National Historic Site

Please Complete the Following Survey:
Please Select a Choice or Write in Your Suggestion:

_____**Cheyenne Massacre Memorial Site**
_____**Chief Black Kettle Band Memorial Site**
_____

Your Suggestion

Submit your replies my mail, email or in person to:
Cheyenne and Arapaho Tribes' Office of Planning
P.O. Box 38-Red Moon Circle
Concho, Okla. 73022
(405) 422-7620
Email: lgray@c-a-tribes.org

**Survey Boxes have been placed at the following Tribal offices: Watonga Food Distribution, Clinton Housing Authority building, Clinton Independent Living Center, Clinton Elderly Nutrition building, Concho Planning office, Concho Smoke Shop, Canton Lucky Star Casino, Seiling and Hammon Community centers.*

start of the Lockheed Missiles & Space Co., a major consultant to NASA.

She contributed to several seminal papers of the early space program, and in 1962 she was one of the authors of the NASA Planetary Flight Handbook Vol. III.

After her one and only visit to the new Smithsonian's National Museum of the American Indian, Ross told the Los Altos (Calif.) Town Crier newspaper, "The museum will tell the true story of the Indian, not just the story of the past, but an ongoing story." When she passed away in 2008, just three months shy of a century, she left a bequest valued at more than $400,000 to the museum.

Dr. Helen Maynor Scheirbeck was a longtime champion of American Indian civil rights, a pioneer for Indian control of their own education, and a passionate advocate for the sovereignty of her Lumbee Tribe of North Carolina.

She served on the first Board of Trustees of the Smithsonian's National Museum of the American Indian, and served as the secretary to the board for two terms. She joined the museum's staff in 2000, serving as assistant director for public programs and as senior adviser for museum programs and scholarly research before her retirement in 2007. Her greatest contribution may have been the people for whom she held a door open throughout a lifetime of public service.

The Washington Post, in her Dec. 25, 2010, obituary, quoted her from 2007, when she said, "The country needs to understand the struggle of Indians to be Indians. Every tribe had a trail of tears."

As a young woman Scheirbeck witnessed her father, Judge Lacy Maynor, make international headlines in 1958 when he sent the Klan packing from Robeson County, N.C., the historic cradle of the Lumbee. A decade later Scheirbeck, then a congressional staffer, persuaded Senator Sam Ervin to convene the hearings that led to passage of the 1968 act, which extended many rights contained in the Bill of Rights to American Indians.

Scheirbeck had a hand in every major initiative in Indian education for 40 years, crafting reforms that would help tribal colleges, advocating for the passage of the Indian Education act, leading the Indian Headstart program and calling for the establishment of a museum of living cultures that would become the National Museum of the American Indian.

Working in the museum's leadership she advocated for the ways that Native children are taught within their cultures and how teaching models should be adapted for all children. Her leadership in the formation of the museum's National Education Initiative will carry her vision to millions of school children across the U.S.

In 2009, only weeks before she suffered stroke that would take her life, she recalled to Rev. Desmond Tutu a letter that she wrote him in 1962 comparing the struggles of American Indians to struggles of blacks in South Africa. At the University of North Carolina in Chapel Hill, where she met Tutu, and where they both received honorary degrees two years ago, these elder leaders laughed about the long ago letter, and the long journeys of both their peoples to justice.

Happy Birthday Valentine

Happy Belated 13th Birthday
Autumn Garrett
Jan. 17
Happy Birthday baby girl
You are an official teenager
All my love your dad

Happy Birthday
Rufus!!!
From your friends and
teachers at Concho
Head Start

Happy Birthday
Avril!!!
From your friends and
teachers at Concho
Head Start

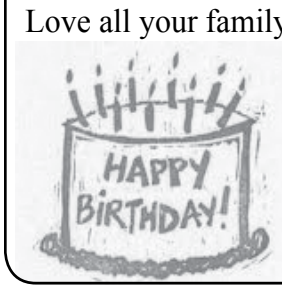
Happy Birthday
Karizma!!!
From your friends and
teachers at Concho
Head Start

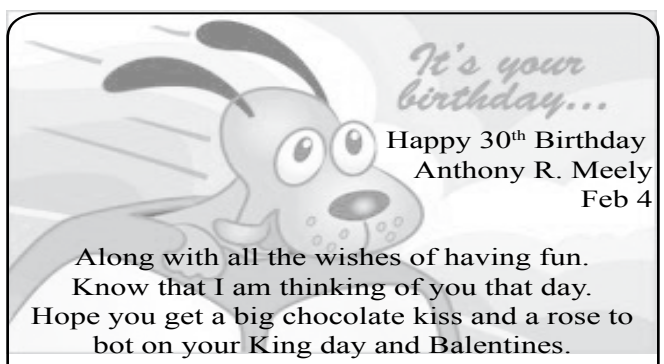
Happy Birthday
Megan!!!
From your friends and
teachers at Concho
Head Start

We wish you a Happy 19th Birthday with best wishes at SWOSU!
Love your family, g-ma Rachel, Tom, Mom and Weaselbears, g-ma Karen, Uncles Sonny, Ches, Cato, AD, Doni, Herschel, aunties Hannah, Raylin, Dawn, Crystal, Alisun, Melin, G-pa Cecil and g-ma Wylma, baby brother Colbet, uncle Izzy, and all the lil ones!!!

Happy Birthday
Rachel Braudrick
We wish the Best,
Love all your family

Happy Birthday
Crystal Sullins
Feb. 19
We wish the Best,
Love all your family





Happy 30th Birthday
Anthony R. Meely
Feb 4

Along with all the wishes of having fun.
Know that I am thinking of you that day.
Hope you get a big chocolate kiss and a rose to bot on your King day and Balentines.
Kick it and behave
Love you babe, your mom

Hunter Phoenix Sharp, a very Happy Birthday

From your cousin Blake Welbourne and aunt Terri Welbourne. Don't forget, mema said she was going to make "Indian tacos", yummy, can't wait!

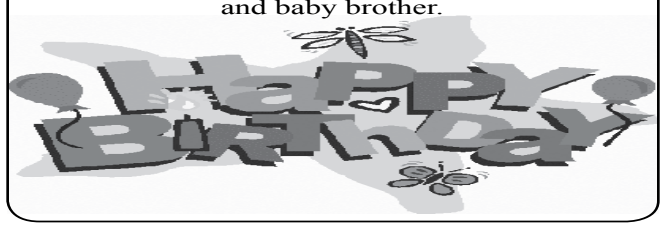
Lorrie ann Shorteeth
Happy Valentine's Day
We love you and
God bless you,
Searchlight and
Quicksand

Happy Birthday
Dillon!!!
From your mom, dad
and all your family.
We love you.

"Big Time Sue"
Happy Belated 59th Birthday
Jan. 27
You are still the leader of the "Chorus girls"at the nine.
From your husband who loves you so much.
J.C., Andrea, Bossy, Pooky and your many relates and friends.

Aeryn Drelyn Main would like to welcome her brother Abram Debrae Main, born 12/17/10, he weighed 10 lbs. 2 oz. and was 23 inches long. Proud parents are Aaron and Andrea Marquez Main, Grandparents are Debra Woolworth and Sandra and Robert Main of Warm Springs, Great-grandparents are Ruth Woolworth and Teddy Tanawasha.

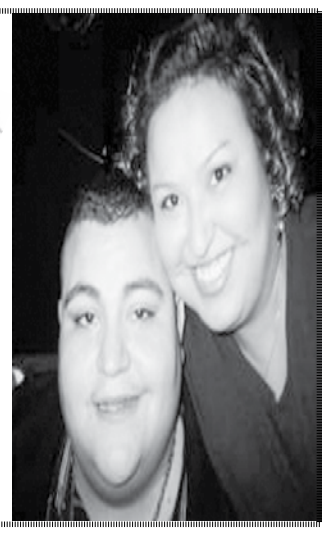
Happy 5th Birthday
Harley Dewayne Surveyour II
We love you bunches daddy, momma, and baby brother.

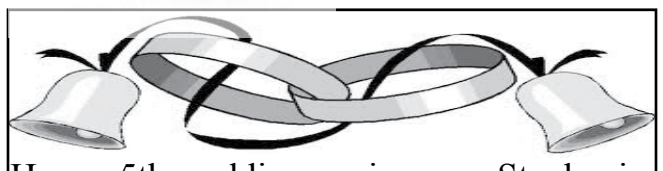


Dino, you have made my life so much richer and stronger since you have come into it. I am a better person because of the overwhelming love and support that you and Lexi have given me.

I love you and Happy Valentine's Day.

Always yours, Maria

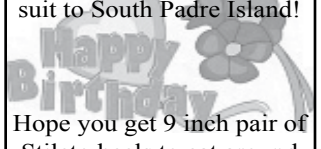




Happy 5th wedding anniversary Stephanie.
I love you with all my heart.

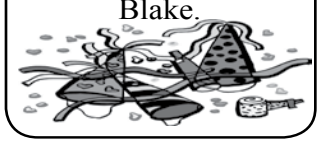
Happy Valentine's Day mom and grandpa!!
Love you guys,
Janna and Brandon

Happy Birthday
Feb. 23
Tia Nicole White Buffalo
Hope you enjoy yourself and don't take the birthday suit to South Padre Island!



Hope you get 9 inch pair of Stileto heels to cat around in. Go out and have fun at the club.
Really shake those hips!
We love you, have fun.
Terry and Tracy Jizzle

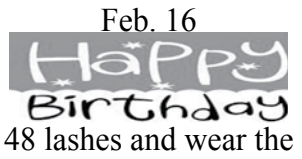
I would love to wish my best friend Deenita Lonebear a very Happy Birthday, Miss and love ya lots,
Terri and nephew Blake.



Congratulations to Kendrick Humphreys on making theSuperintedent honor roll
Kendrick is in the second grade at Thomas Fay-Custer public schools, he is in Mrs. Tinkles class!
He lives at Thomas with his mom Teresa, his grandma Carol and sister Kassidi.

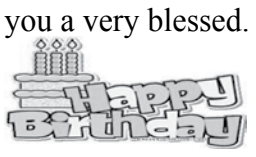
We are very proud of Kendrick keep up the good work!

Happy Birthday
Roger Alan Todd
Feb. 16



48 lashes and wear the crown with pride, your not ooold, just keen!

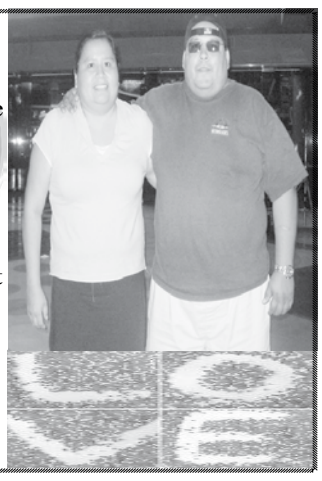
Sarah Toppah, hope you a very blessed.



Happy Birthday!!!
From Blake, Terri and the biggunz ***AKA*** Derek & Tom.

Clifton,
I don't know what happened to us. When did you stop loving me? I thought you were going to be mine forever.
You are my soul mate.
You were my first love.
This is your family and no one else's.
All your friends are saying that you are not the same person.
I don't hate you and I don't want to.

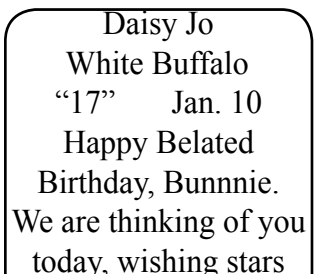
I love you and I always will.
Deborah



Wishing a Valentine's to my favorite dad!
"Dogman"
Hoping cupid finds you and Patawh you with a whole bunch of roses.
Be still in around smelling ace, all kinds of rose petals scattered.
Enjoy, you know

Daisy Jo,
Jasmine Dawn and Cameron James WhiteBuffalo
Happy Valetines Day
May the Lord surround you with and fill your hearts with love, peace, and joy on this day, for all the days to come.
Hugs and kisses
Mom and aunt Terri

Daisy Jo
White Buffalo
"17" Jan. 10
Happy Belated Birthday, Bunnnie.
We are thinking of you today, wishing stars busting and popping around your head to help you celebrate.
Love you,
mom and aunt Terri



I would like to wish a very special "21st" Birthday on Feb. 26 to my one and only baby boy, Blake Aaron Welbourne.
Love forever and always your mother, Teri

Happy Valentine's Day
to our sets of 3
We love you all!
"Pinkis"Laryah Fletcher
"Showtime"Scott Tiger Jr.
"Smooth" Anthony Meely Jr."Brother" Dustin White Buffalo"Small" marissa Fletcher "Baby"Daniel Meely Robert James Meely, Jodi White Buffalo and Anthony "Geep" Meely

Happy Valentine's Day
Wishing buncha sweets to
C Bizzle, Lil "D'
Nuke and baby Eddie
Hope you all get a little box of candy hearts. Make you blush when you read them.
Have fun anyhoo!
Apple Blossom

LaQuita Joyce Hail and Sharon Carla Newbreast
Hey chics,
Happy Valentines Day!
Sure been missing you, can't you feel my telepathic vibe? If not, maybe "these walls' are blocking the waves.
Keep your head up.
Your home girl,
Tracy Jo

Happy Valentine's Day to the Todd brother's
Tubby, Joe, David and Roger
also Bobby and Lioinel Tabor
Hope cupid finds all of you, fluttering around you like a hummingbird.
Get ere one of you, be walking around the end of the day with a whole bunch of arrows that be stuck all over your bods!! Haha!
Have fun dogin!
Terri

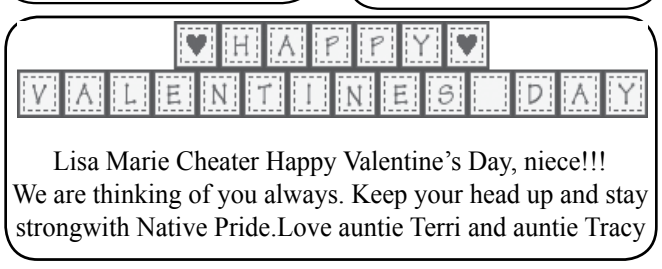
Happy 11th Birthday and Happy Valentine's Day!

Robert James Meely Jr.
Feb. 14
Enjoy yourself with the lots of Valentines and presents. Eat a buncha cake and ice cream. Don't be bouncing of the walls being sugared up.
Give Haley a kiss for us!
Your granma, Terri
and the rest of your grandmas in El Reno

Just letting my little sister know that I'm thinking of her on Feb. 21
Happy Birthday
Stacia Tai
Welbourne-Sharp.
We love and miss you lots,big sisTerri and nephew Blake.

Cherri Fletcher
Hey big stih-ster
Happy Valentine's Day
We send yo big hugs, bright smiles, lots of laughetr and Love, Love, Love!
Your little sisters,
Terri Jean and Tracy Jo

Happy Valentines Day
Robert James Meely
Milford Fletcher
Stephen "Bush" Botone
Cody Vann
Charles "Wookie" Hail
Thomas Two Babies
When the wind blows, may my prayers of faith and strength find all of you.
Terri



Lisa Marie Cheater Happy Valentine's Day, niece!!!
We are thinking of you always. Keep your head up and stay strongwith Native Pride.Love auntie Terri and auntie Tracy

Want to wish a Happy Valentine's Day to my eternal valentine, the greatest valentine and son in the whole world, Brandon Whiteman. I love you and I am so proud of the wonderful man you are becoming. Wishing you a very happy Valentine's Day! Love you always, Mom

Happy Valentine's Day
Jerrie Whitebuffalo
From our hearts to yours mom!
From Terri Jean and Tracy Jo.
We all love you

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org

Caseworker IIM
Social Services
Closing Date: Until Filled

QUALIFICATIONS:

Prefer bachelors degree in social work or related field preferred; or an equivalent combination of education and experience. Require two years of experience in professional related field and supervisory experience. Work flexible hours and willing to work after normal business hours. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and the general public. Maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/Native American cultures and values. Work with difficult clientele with various social problems and/or needs. Cheyenne and Arapaho preference.

SALARY: Negotiable

Admin. Assistants (2 P/T)
Cheyenne District 4
Closing Date: Feb. 22, 2011

QUALIFICATIONS:

Minimum high school diploma or G.E.D. certifiation required. Two years of secretarial experience that includes demonstrated computer skills and knowledge. Good grammar and communication skills with ability to compose accurate and professional business letters. Willing to work other than normal hours. Must be familiar with the Cheyenne and Arapaho legislative process. Other duties as assigned. Must be a Cheyenne and Arapaho tribal member. Must be a Cheyenne District four resident. Must pass drug screening.

SALARY: Negotiable

Laborer
Economic Development
Closing Date: Continuous

QUALIFICATIONS:

Ability to accept immediate employment. Ability to lift a minimum of 75 lbs. Ability and knowledge to operate light weight equipment. Must be physically fit to withstand various types of manual labor. Prefer knowledge of landscaping- planting flowers and shrubs. Must have stable work history, be dependable and conscientious. Must have knowledge in performing general repair duties. Must have painting experience. Must submit to a background check. Must have high school diploma or GED. Must have current driver's license.

SALARY: Negotiable

Fence Crew/Laborer
Economic Development
Closing Date:Continuous

QUALIFICATIONS:

Dependable, physically fit and able to lift a minimum of 75 lbs. or more. Knowledgeable in operating farm equipment. Willing to work until daily tasks are completed. Must be able to work on an on-call basis. High school diploma or GED required and valid Oklahoma driver's license.

SALARY: Negotiable

District A-1 Lesgislative Assistant
Closing Date: Feb. 22, 2011

QUALIFICATIONS:

Associates degree or work experience equivalent to four years in federal, state or tribal government. Working knowledge of computer software programs such as Microsoft Word, Excel, Power Point, and Access. Ability to relate and work with general public. Must posses a valid Oklahoma driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Nutrition Aide
Seasonal
Closing Date:Until Filled

QUALIFICATIONS:

Knowledge of basic food preparation and sanitation. Ability to work independently with little or no supervision. Ability to communicate effectively with clients and community groups. Ability to write effectively and complete reports in a timely manner. Knowledge of basic computer software. Must be over 18 years of age. Must have high school diploma or equivalence. Must have a valid state driver's license. Prefer degree in a related field or equivalence of combined health and nutrition experience. Cheyenne and Arapaho preference.

SALARY: Negotiable

Administrative Assistant
Diabetes Wellness
Closing Date: Until Filled

QUALIFICATIONS:

Must posses a high school diploma or general education degree (G.E.D). Experience in administrative/clerical work and working with family/community-based program(s) related to health promotion and education. Knowledge of Cheyenne and Arapaho culture a must. Must have reliable transportation. Must possess a current Oklahoma state driver's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

Transit Drivers II
On Call-3 Positions
Closing Date: Until Filled

QUALIFICATIONS:

Must possess or be willing to attend training programs to gain CPR and CDL certifications. Must pass a pre-employment drug screening process and subject to random drug testing. Must maintain a clean driving record and may be required to provide a Motor Vehicle Report (MVR). Must be able to lift a minimum of 50 lbs. with no physical barriers. Must possess the ability to communicate effectively both orally and written. Must possess high school diploma, possible completion of a commercial driving training program and defensive driving program. Experience may be an acceptable equivalent.

SALARY: Negotiable

Warehouse Technician
Food Distribution
Closing Date: Until Filled

QUALIFICATIONS:

High school graduate or GED certification required. Must be able to do moderate to heavy lifting. Must pass a physical examination. Must have demonstrated ability to operate PC computer. An Oklahoma CDL driver's license preferred and forklift operator's license. Cheyenne and Arapaho preference.

SALARY: Negotiable

CHR-Temporary
Seiling, Okla. Area
Closing Date: Until filled

QUALIFICATIONS:

Cheyenne or Arapaho tribal member preferred. Have EMT, medical assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver's license and be insurable under the tribe's insurance. Must reside in service area. Must pass a physical and be in good physical condition. Must pass basic CHR training and first responder training within one year. Travel required in duties. Submit program PCC and mileage/maintenance on a weekly basis. Maintain GSA vehicle responsibility. Must pass OSBI background check. Must have minimum of high school diploma or G.E.D. Must have own reliable vehicle and residential telephone. Must be able to work outside of normal working hours as needed. Other duties as assigned.

SALARY: Negotiable

Receptionist
Crisis Program
Closing Date: Feb. 22, 2011

QUALIFICATIONS:

High school diploma or G.E.D. certification required and one year of related experience. Computer knowledge and skills preferred. Valid Oklahoma state driver's license. Proficient communication skills, both oral and written. Knowledge of filing procedures with ability to maintain and/or organize department records. Skilled with general office equipment. Ability to work with public in all aspects. Cheyenne and Arapaho preference.

SALARY: Negotiable

Assistant Director
R.E.Sp.E.C.T.
Closing Date: Until Filled

QUALIFICATIONS:

Must possess a high school diploma/GED; AA degree preferred or four years of work experience in related field or its equivalent; must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications; knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs; possess a valid Oklahoma Driver's license; TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.

SALARY: Negotiable

HVAC Journeyman
Economic Development
Closing Date: Feb. 21, 2011

QUALIFICATIONS:

Must possess HVAC apprentice license. High school diploma or GED certification required. Must have valid driver's license. Ability to read blueprints. Ability to design vent systems prior to installation. At least two years on the job experience or trade school certification. Ability to work with other trades, such as carpenters, plumbers and electricians. Must be dependable and have excellent people skills.

SALARY: Negotiable

LINE DANCING CLASSES

Thursdays
4-5 p.m.
Native American Church
Concho, Okla.

Feb.17 and 24, 2011

For more information call Deborah Ellis at (405) 422-7674 or Margie Deer at (405) 422-7676.

Sponsored by the Cheyenne and Arapaho Tribes Health Education program.

Hinóno'eitíít Arapaho Language
"Word of the Day"
Star: Ho3o'
Pronounced: Haw-thaw

Broken by failures in the past?
Why do I keep doing this to myself?
Think that you are alone?
Think that is just the way I am?
Turn to God for help and healing. The Bible is the greatest book on RECOVERY.

The 12 Step Overcomers Group meets at 7 p.m. on Tuesdays at the Geary Indian Community Building-Meal served after meeting. For more information call Lydia at (405) 837-6755.

Denial

By Taters Waters
Cheyenne, Ponca

My symptoms don't apply to me, I drank a fifth a day. I can't take it or leave it, but I'll take it today. I can stop when I want to. I've done it before many times. It's really no chores and when abstained, it feels great. That's the way I drank too much. Some people say, but everybody drinks that way. What's the harm of feeling good, that's why I drank more than I should. I drank less you know. Phrases that categorize me, "I am not an alcoholic" and I simply can't see why others apply them to me. I am not that bad yet and I'm feeling fine though, the truth is that I simply can't see what alcohol has done to me.

ATTENTION
Northern Arapaho Tribal Ceremonies 2011

Sun Dance will be held from July 10-17, 2011 in Ethete, Wyoming at the Sun Dance grounds.

Helen Knudsen
Librarian
Wind River Tribal College
Ethete, WY

Cheyenne and Arapaho Tribal Enrollment Tidbit

Taking into account the entire enrollment (all ages), there are 433 Cheyennes who are full-blood, 342 reside in Oklahoma and 134 full-blood Arapahos, 108 which reside in Oklahoma.

TOTAL ENROLLMENT 12,430

The Cheyenne and Arapaho Tribal complex will be closed Monday, Feb. 19, 2011 in observance of President's Day. Offices will re-open, Tuesday, Feb. 20, 2011.

Reuben Dale Akeen

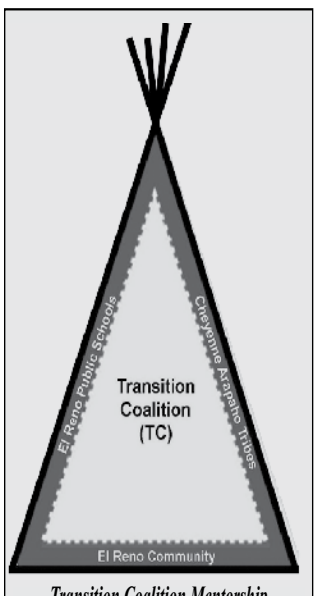
Thank You

Ella Akeen, Cheyenne and Arapaho tribal member is a member of the Native American Church and a delegate for one of the chapters. Her son, George Akeen, Jr., is the Oklahoma Sstate Chairman of the Native American Church.

Ella's son, Reuben Dale Akeen was a member of the U.S. Army and served in the Viet Nam war. He was one of the last ground troops to leave Viet Nam in August of 1973.

Ella would like to thank the Elder Care program and all the employees and all the district representatives. Also a thank you to Gov. Janice Boswell and her staff, may God Bless each and every one and their families.

"I pray for every one and I hope everything is good this New Year," Ella said.



Transition Coalition Mentorship Mission Statement

The mentoring program of the Cheyenne and Arapaho Tribes in collaboration with the El Reno Public Schools promotes academic achievement, personal growth, and cultural knowledge for all middle and high school Indian students. The program matches an adult male or female with an Indian youth to offer encouragement, support, guidance, friendship, and a positive role model. For more information call the Department of Education at (405) 422-7568.

Looking for Pen Pals

My name is Frederick Sweezy and I am in search of anyone willing to be pen pals.

You can write me at:

Frederick L. Sweezy #220598, c/o CCF-Alpha South-Cell #125, 3200 S. Kings Highway, Cushing, OK 74023.

A.A meetings 7 p.m.-Every Wednesday
George Hawkins Memorial
Treatment Center
East of Clinton on Airport Road.
For more information (580) 331-2370

OPEN DURING LUNCH!
Office Hours: M-F 8am-5pm
Issuance Hours: 8am-3:30pm

MARCH 2011

CHEYENNE & ARAPAHO TRIBES OKLAHOMA

>CHEYENNE & ARAPAHO FOOD DISTRIBUTION PROGRAM<

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Troy Littleraven: Director Office: (405) 422-7873 Fax: (405) 422-8261 Toll free: 1 (800) 247-6612 ext. 27873		1	2	3	4	5
6	7	8 CLINTON #1 TAILGATE	9 SEILING TAILGATE Nutrition Ed Demo @ 11:00 AM	10 HAMMON TAILGATE	11	12
13 DAYLIGHT SAVING TIME BEGINS	14	15 CLINTON # 2 TAILGATE	16 Nutrition Ed Demo @ 11:00AM	17 ELK CITY TAILGATE	18	19
20 Spring begins	21	22	23 Nutrition Ed Demo @ 11:30 AM	24	25	26
27	28	29 Last day to pick-up for MARCH	30 Closed for Inventory	31 Closed for Inventory	USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER	

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Important information about the $3.4 billion Indian Trust Settlement

For current or former IIM account holders, Owners of land held in trust or restricted status, or their heirs

There is a proposed Settlement in *Cobell v. Salazar,* a class action lawsuit about individual Indian land held in trust by the federal government. This notice is just a summary. For details, call the toll-free number or visit the website listed below.

The lawsuit claims that the federal government violated its duties by (a) mismanaging trust funds/assets, (b) improperly accounting for those funds, and (c) mismanaging trust land/assets. The trust funds include money collected from farming and grazing leases, timber sales, mining, and oil and gas production from land owned by American Indians/Alaska Natives.

If you are included in the Settlement, your rights will be affected. To object to the Settlement, to comment on it, or to exclude yourself, you should get a detailed notice at www.IndianTrust.com or by calling 1-800-961-6109.

Can I get money?

There are two groups or "Classes" in the Settlement eligible for payment. Each Class includes individual IIM account holders or owners of land held in trust or restricted status who were alive on September 30, 2009.

Historical Accounting Class Members

- Had an open individual Indian Money account ("IIM") anytime between October 25, 1994 and September 30, 2009, **and**
- The account had at least one cash transaction.
- Includes estates of account holders who died as of September 30, 2009, if the IIM account was still open on that date.

Trust Administration Class Members

- Had an IIM account recorded in currently available data in federal government systems any time from approximately 1985 to September 30, 2009, **or**
- Owned trust land or land in restricted status as of September 30, 2009.
- Includes estates of landowners who died as of September 30, 2009 where the trust interests were in probate as of that date. This means you have asked a court to transfer ownership of the deceased landowner's property.

An individual may be included in one or both Classes.

What does the Settlement provide?

- A $1.5 billion fund to pay those included in the Classes.
- A $1.9 billion fund to buy small interests in trust or restricted land owned by many people.
- Up to $60 million to fund scholarships to improve access to higher education for Indian youth.
- A government commitment to reform the Indian trust management and accounting system.

How much can I get?

- Historical Accounting Class Members will each get $1,000.
- Trust Administration Class Members will get at least $500.
- If you own a small parcel of land with many other people, the federal government may ask you to sell it. You will be offered fair market value. If you sell your land it will be returned to tribal control.

If you believe you are a member of either Class and are not receiving IIM account statements, you will need to call the toll-free number or visit the website to register.

What are my other rights?

- If you wish to keep your right to sue the federal government about the claims in this Settlement, you must exclude yourself by **April 20, 2011**.
- If you stay in the Settlement you can object to or comment on it by **April 20, 2011**. The detailed notice explains how to exclude yourself or object/comment.

The U.S. District Court for the District of Columbia will hold a hearing on June 20, 2011, to consider whether to approve the Settlement. It will also consider a request for attorneys' fees, costs, and expenses in the amount of $99.9 million. However, Class Counsel has fee agreements that would pay them 14.75% of the funds created for the Classes, which could result in an award of $223 million. The Court may award more or less than these amounts based on controlling law. If approved, these payments and related costs will come out of the Settlement funds available for payment to Class Members.

If you wish, you or your own lawyer may ask to appear and speak at the hearing at your own cost. For more information, call or go to the website shown below or write to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 43017-4877.

For more Information: 1-800-961-6109 www.IndianTrust.com

Lucky Star entertainment

In the New Concho Event Center!

Clint Black
with John Anderson
February 19
CONCHO

CMA Winning artist performing hits such as *Like the Rain, Good Run of Bad Luck* and *A Better Man*.

Foreigner • February 25 CONCHO

Merle Haggard & Kris Kristofferson • March 11 CONCHO

Bellator/C3 Fights Featherweight World Title Tournament • March 19 CONCHO

David Crosby & Graham Nash • April 15 CONCHO

Tickets available at **Lucky Star Casino Box Offices**, online at Ticketstorm.com or by phone at **866-966-1777**.

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301 NW. Lake Rd. • Canton, OK 73724 • 580-886-2490 | 1407 S. Clarence Nash • Watonga, OK 73772 • 580-623-7333

Subject to change. © 2011 Lucky Star Casino

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An Enterprise of the Cheyenne and Arapaho Tribes

LuckyStarCasino.org

Continuing Our Legacy...

First National Bank & Trust Co. was founded on the principles of honesty and integrity with a commitment to financial strength through safe and sound banking practices. We respect and honor our Native American ownership serving communities across Oklahoma, putting customers first and pursuing excellence in all we do. For more than 20 years, First National Bank & Trust Co. has been providing quality banking products and services designed for every stage of life – from brand new families to business professionals to those who are planning their golden years of retirement. We remain committed to creating a lasting legacy by helping to make the dreams of our customers a reality.

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